

SEMIFREDDO

Makes about 2 litres

Semifreddo is Italian for “half frozen” It is similar to ice-cream, but softer and easier to make. It does not require an ice-cream churn, but you will need an electric beater as the creamy texture is achieved by lots of beating!! This should be eaten within 4 days of being made, as the eggs are not cooked.

Basic Recipe

4 eggs, separated

½ cup caster sugar

1 teaspoon vanilla essence

300 ml cream, whipped



1 using an electric beater, beat the egg yolks and half of the caster sugar (1/4 cup) until thick and pale. beat in the vanilla essence.

2 In another bowl , beat the egg whites with an electric beater until soft peaks form. Gradually add the remaining sugar, 1 tablespoon at a time, beating well between each addition

3 Using a metal spoon, gently fold the cream and flavorings of your choice (see next page for ideas)into the yolk mixture. Gently fold in the egg whites.

4 Transfer the mixture to a 2-litre glass, plastic or metal container. Cover and freeze for 4-5 hours or until firm.

Flavoring Suggestions

Raspberry ----- place 100g raspberries (2/3 of a punnet) on a flat plate. Using a potato masher, squash raspberries to a pulp. Frozen raspberries can also be used . Thaw for 5-10 minutes before squashing

Marshmallow and Chocolate----- Using clean scissors cut 20 marshmallows in half. Add ½ a cup of chocolate chips or 100g of chopped chocolate bars.

Passionfruit ----- Add ½ a cup of passionfruit pulp (about 7 passionfruit). Bottled passionfruit pulp can also be used.

By Eve

!!!ENJOY!!!